

# We're Here For Your Health

## *What does the health department do?*

The Thomas Jefferson Health District (TJHD) is your community partner in promoting and protecting health where you and your family live, work, and play.

## *How does TJHD help to protect and improve your health?*

TJHD connects people to appropriate resources helping them to make informed and healthy choices. Other services they provide include:

- **Community Health Assessment** — Evaluating the overall health of our community and working toward changes and improvements in specific health behaviors, healthcare access, etc.
- **Disease Prevention**—Reducing, controlling, and preventing illnesses that spread from person-to-person by providing vaccinations against serious diseases.
- **Environmental Health**—Reducing the risk of foodborne illnesses by monitoring and permitting restaurants. Preventing communicable diseases and outbreaks by inspecting private wells and sewage disposal systems.
- **Emergency Preparedness** - Planning for and responding to large scale health events, natural, and man-made disasters like severe weather and flu season.
- **Maternal and Child Health**—Providing nutrition education and preventive health services to ensure planned and healthy pregnancies, healthy moms, and healthy babies.



**April 6-12 is National Public Health Week.**  
**For more information visit: [www.TJHD.org](http://www.TJHD.org)**



4/15

Health  Whys

A public health message from  
**[www.tjhd.org](http://www.tjhd.org)**

Follow us on  
Facebook



You can find this and other timely public health tips and events on the Thomas Jefferson Health District (TJHD) Facebook page. Check us out and “like us!”

**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH  
Protecting You and Your Environment